

Hong Kong's Secretary for Financial Services Speaks on the City's Role in the Growing China Market



PHOTO BY KANE CARPENTER - Professor K.C. Chan speaks at the Harvard Club of Boston

By Kane Carpenter
SAMPAN EDITOR

Professor K.C. Chan, Hong Kong's Secretary for Financial Services and the Treasury, made an appearance in the financial district last week (March 16) when he spoke on Hong Kong's economy and financial outlook at the Harvard Club at One Federal Street.

The talk, titled "Hong Kong: China's World City", was attended by many of the city's financial figures as well as many significant community members. More than 60 people attended the luncheon.

"I think Hong Kong is no stranger to many of you," Professor Chan said when starting his speech. "But over the last 15 years or so, since Hong Kong returned to China, I have to say there's always a lot of questions and issues about where Hong Kong is going to go. And in Hong Kong we've always felt that we have to struggle to tell our story."

The struggle, as Professor Chan alluded to, is made up of Hong Kong's past as well as its place in China's future.

"Hong Kong, we think, is doing well, but at the same time Hong Kong is a very small part of China," said Professor Chan. "China is a major story, and how does Hong Kong fit into the major story of China ... and how does Hong Kong make itself relevant."

In addition to the history of Hong Kong and its relationship to China, Professor Chan's outlook on Hong Kong's economic future also lie in the political arrangement between Hong Kong and China, as well as the city's economic relationship with the world.

"Hong Kong is a study of contradictions," said Professor Chan. "Here, Hong Kong is part of China and ... we emphasize the arrangement of how Hong Kong is part of China, which is 'One Country, Two Systems'."

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香港財經事務及庫務局局長談及香港在日益增長的中國市場中所扮演的角色

撰文 Kane Carpenter

香港財經事務及庫務局局長陳家強教授於本月十六號在聯邦街1號的哈佛俱樂部就香港的經濟和金融前景發表講話。

是次講座題為「香港：中國的世界城市」。60餘名的波士頓市金融才進及社區要員均出席了午餐會。

陳教授道：「我認為香港對在座的很多人而言都並不陌生，但在過去十五年左右的時間，從香港回歸中國以來，我不得不說，在關於香港之後的發展方向上，我們總是有很多問題需要考慮。在香港，我們總覺得我們必須努力地把我們的故事告訴大家。」

第八版

CHINATOWN NEWS

Chinatown Community Forum Draws Large Turnout



PHOTO BY KANE CARPENTER - Julian Tynes, Chairman of the Massachusetts Commission Against Discrimination speaking to members of the Chinatown on topics such as sexual harassment in the workplace and how to identify harassment.

By Kane Carpenter
SAMPAN EDITOR

The Asian American Civic Association held its spring community forum last week, drawing Chinatown residents interested in learning about discrimination and sexual harassment in the workplace.

The forum, held on March 15, hosted Julian T. Tynes, Chairman of the Massachusetts Commission Against Discrimination (MCAD), who spoke on the importance of "reporting it early" with regards to sexual discrimination in the workplace. Around 70 people attended the forum.

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What's in the News?

MARCH 21 - Six People Arrested at New York Occupy Protest

Six protesters were arrested after police evicted 200 Occupiers from Union Square Park overnight on Wednesday. A NYPD spokesman told the New York Times that resisting arrest, disorderly conduct and obstructing justice were among the charges filed. One of the main reasons as to the flare up between protestors and police was a dispute over "unattended property" which the protestors claimed was their own.

MARCH 21 - President Obama to visit Korean Border

President Barack Obama is scheduled to visit the demilitarized zone that splits the Korean Peninsula in two for the first time on Sunday.

His planned visit to the heavily fortified border is part of a three-day trip to South Korea to participate in a summit meeting about nuclear security in Seoul.

MARCH 20 - 7.6 magnitude earthquake strikes near Acapulco, Mexico

A 7.6-magnitude earthquake with an epicenter in Guerrero state shook central southern Mexico on Tuesday. Frightened workers were sent running into the streets due to the swaying of buildings.

The U.S. Geological Survey set the intensity at 7.6 at a depth of 11 miles underground. Mexico's National Seismological Survey said the epicenter was south west of Ometepepec. The quake was located 120 miles east of Acapulco.

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香港財經事務及庫務局局長談及在日益增長的中國市場中香港所扮演的角色

第八版

COMIC

Empty Bamboo Girl

by Lillian Chan

With the noble intention of saving some money & a trip to the salon...



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3-14-12

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APOLOGY

In the previous issue of Sampan, a letter titled "現在是社區商業領袖出來維繫華埠穩定時候" made unfair assumptions against business-owner David Wong. The Sampan apologizes for publishing the letter. The Sampan wants to remind readers that it does not endorse nor align with the opinions of its contributors or letter authors. The Sampan's editorial policy will be published in an upcoming issue to inform the readership of the Sampan's mission and goals as well as rules and regulations regarding content.

Event Listings

Meet Congressional Candidate Rachel Brown!

March 31st from 12 - 5pm at the Holiday Inn Express in Boston
69 Boston Street
(Accessible by 93 or the Andrew T-stop)
<http://rachelbrown.net/>

For More Information Regarding Registration, Contact:
Jennifer Kreingold
Campaign Manager
Rachel Brown for Congress
Email: jennifer@rachelbrown.net
Cell: (202) 360 - 1001

Chinese Specialist Association Seminar, Financial and Economy Forum

90 Lincoln St. Newton Highlands, MA
Sat, March 24, 1pm - 3pm

Asian Breast Cancer (ABC) Seminar

800 Washington Street Boston, Wolff Hall in Basement Thu, March 29, 6pm - 9pm

Student Show "Diversity Thru Art" by JQS (Fund-raising)

The Josiah Quincy Elementary School (JQS)
Fri, April 27, 6pm - 7pm

Restaurant Week Boston March 18-23 & 25-30

Restaurant Week Boston® is brought to you by the Greater Boston Convention & Visitors Bureau and American Express twice a year,

providing locals and visitors an opportunity to sample area restaurants at special prices. Participating restaurants design 3-course prix fixe menus for lunch and dinner. Some offer a 2-course lunch to satisfy diners looking for a faster and lighter lunch option.

Joslin* Diabetes Center Hosts "Spoonful of Ginger" at MFA

8th Annual event benefiting Joslin's Asian American Diabetes Initiative

On Monday, March 26th, SPOONFUL OF GINGER will once again feature Boston's finest chefs for a food tasting like none other at the beautiful Museum of Fine Arts new "Art of the Americas Wing"

Tiananmen in History and Memory

Tuesday, March 27, 2012, 1p.m. - 5 p.m.
Location: Harvard Yenching Auditorium
A Symposium Organized by students in Harvard Freshman Seminar 46t, 2011 & Chinese History Seminar 125, 2011.

40th Annual Harvard Business School H. Naylor Fitzhugh Conference

Saturday, Mar 24 8:00 a.m.
Hyatt Regency Boston, Boston, MA
Each year, more than 500 business leaders, faculty, alumni, current and prospective students gather to discuss timely business and social issues.

Drug and Alcohol Abuse Awareness Night

Sunday, March 25 from 5:00 PM to 7:00 PM

The HN Community Council and Life

Community Church of Quincy would like to invite you to join us on Sunday March 25 from 5pm to 7pm at the Houghs Neck Congregational Church for a special evening to learn about the drug and alcohol abuse epidemic that is too prevalent in our community.

Blood Pressure Clinic

Wednesday, March 28 from 11:00 a.m. to 12:00 p.m.
Kennedy Center, 440 East Squantum Street
Nurse will keep a record of your blood pressure on file for weekly visits.

Mah-Jong

Thursday, March 29 from 10:00 AM to 1:00 PM
Kennedy Center, 440 East Squantum Street
The Chinese game of mah-jongg is similar to gin rummy except it is played with tiles, not cards, and the familiar suits are replaced with Chinese symbols.

Community Garden Cleanup

Saturday March, 24 2012 from 9:00 a.m. -12:00 p.m.
Rail Road Ave and Bryant Street Just off Eastern Ave.
Please wear: Gloves, strong shoes or boots. A trash grabber is helpful. Bike to the Sea provide trash bags.
Contact: Clay Larsen at claylars@gmail.com

To add your event to the listings, please contact the Editor at editor@sampan.org or by phone at (617) 426 9492 ext 208

Letters to the Editor

Dear Editor:

As I near the completion of my first three months in office, I am asked repeatedly why I would want the position of Mayor during one of the most challenging economic times in our Nation's history.

After last week in particular, I am reminded of all that is good in Malden and why I would want no other job. On Monday, I had an opportunity to speak with the Captain's Council at Malden High School. This group of students is working hard to make a difference not only in school but also in the Malden community. I then observed our young Girl Scouts honor a sacred tradition with the celebration of the Girl Scouts' 100th Anniversary. The event was highlighted with the customary Promise Circle. On Thursday, I was off to the Kid's Video Adventure premiere to watch a group of Malden students who worked together with Malden Access Television to produce a video project full of creativity and originality. Finally, I finished off the week on Friday with the 72nd Annual Junior Varieties produced by the Class of 2013. From theatre to singing to dancing, these students displayed a wide range of talent and ingenuity. Despite the turbulent times we continue to face, these young leaders are proof that our city's future remains in good hands and it confirms why I am honored to be Mayor of the City of Malden.

Gary Christenson, Mayor of Malden

SAMPAN

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Monday-Friday

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What's in the News?

MARCH 20 - Grand Jury in Florida Will Examine Death of Teenager

Next month, a grand jury will hear evidence in the fatal shooting of an unarmed Florida teenager by a neighborhood watch volunteer, the state attorney's office for Brevard and Seminole Counties announced on Tuesday.

The shooting last month of the teenager, Trayvon Martin, is also being investigated by the Justice Department.

MARCH 16 - Apple Releases New iPad

Apple Inc. started selling its new iPad on March 16, placing their weight behind a sharper screen and faster chip to extend its lead over Google Inc. and Amazon.com Inc. in the growing market for tablet computers.

The new iPad, with a price tag of \$499 to \$829 in the U.S., includes a chip that enables better graphics, Apple said. It also boasts a screen with more pixels than traditional high-definition TVs and runs on long-term evolution, or LTE, wireless networks that deliver data faster.

Go to SAMPAN.ORG for a comprehensive rundown on the stories of the week

Youth Group Wins Visit to White House



PHOTO PROVIDED BY BCNC - BCNC staffer and project advisor Chu Huang and the Boston youth

By Kane Carpenter
SAMPAN EDITOR

A Boston Chinatown Neighborhood Center (BCNC) youth group's video submission was chosen as a Champion of Change honoree by the White House. As a result, the group has been invited to Washington D.C on April 5, 2012.

The group, which is seeking donations from the community to fund the trip to the White House, has set up a crowdrise page which as of press time showed that \$1,010 of the \$8,000 goal had been raised.

In the video entitled, "My Voice - Their Stories," the teens shared their own story of immigrating to the United States. They talk about the difficulties of communicating in a new language; the challenges of finding a community here in the U.S.; and the anxiety of being immersed in a new culture.

Champions of Change is part of President Obama's "Winning the Future" initiative that seeks to recognize ordinary Americans who aim to make an impact in their communities.

YOUTH

Join Us!

By Terry Voong
AACA YOUTH COUNCIL LEADER

Hey you! Do you know anyone who needs help in science, math, English or any other grade school subject? Well, this is the right page for you. The Asian American Civic Association has created a tutoring program just for students from Kindergarten to 8th grade. Students are matched with a mentor according to their field of weakness and off they go! They will be tutored at 87 Tyler Street on the 4th floor. The best part about this program is that

it's FREE! You won't need to pay a penny out of your pockets.

For teens ages 15 or older who want some volunteer hours, why not sign-up to be a tutor for the program? The program is really interactive; you meet new friends, get volunteer hours, and also do a great deed by helping a child save their grade. Sign-up to be a tutor now!

If you know a child that needs extra help in school or if you want to become a tutor for the program, contact Alexandra Lucas at alucas@aaca-boston.org or 617.426.9492 ext 205.

AACA Community Forum

CONTINUED FROM PAGE 1



PHOTO BY KANE CARPENTER (L-R) Julian T. Tynes, Chairman of MCAD, Mary Chin, President of the Board at AACA, Eric Bove, Director of Testing at MCAD, Asha Alex, Legal Intern, Chau-Ming Lee, Executive Director at AACA, Khadija Mboup, Assistant to Director of Testing

"We don't get as many complaints from the Asian community," said Tynes, who went on to mention that his agency does not look at resident statuses or whether someone is documented or not - an issue raised during the question-and-answer session at the end of the forum.

The agency also deploys a tester program which hires testers from all communities and sends them out to "test" discrimination cases. The positions are paid to ensure objectivity and fairness.

According to Eric Bove, Director of Test at MCAD, testers are assigned to investigate housing (renting), employers, and a

host of other places to ensure that equal opportunity is given to everyone when applying for amenities and occupations.

Tynes also touched upon sexual harassment in the workplace, frequently bringing up relatable anecdotes and real-life examples. Tynes even went as far as to use an example of when he was the target of discrimination.

Responding to a question from an audience member regarding taping evidence of sexual harassment, Tynes said: "It is against the law to secretly record, but a message left on your phone was voluntarily put there and fine for evidence."

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MYTH: I need my car. An off-street parking space is non-negotiable when searching for an apartment.

FACT: The Boston metro area and all of its neighborhoods are easily accessible by an extensive underground subway system, locally called the T. It is important to weigh your “need” versus “want” to have a car.

Never let parking dictate your housing search. Address the parking issue AFTER you secure appropriate housing. Apartments with off-street parking are rare and the demand for them is high.

An off-street parking space will save me time each day from having to scour for a spot on the street. GET REAL! Don't sacrifice an all-around perfect apartment because off-street parking was not available. See ALL of your options so you can make an informed decision. You will not know if you are getting a good value if you do not see everything.

Maybe I won't need my car. Whether you are a frequent, occasional, or first-time rider, the subway and bus system is simple and convenient. For example, the Red Line runs from Cambridge all the way to the South Shore. Buses offer more options and fill in the gaps where subways don't reach. They are often faster too. The Express 501 bus runs directly from Brighton Center to Downtown Boston via the Mass Turnpike. No stops! Who rides the subways and buses? Smart folks with great apartments who know how to use the system! The “Trip Planner” on the MBTA's website is a great tool to help you maneuver your way around the metro Boston area.

Still debating? Consider the costs. Some apartments offer off-street parking spaces for additional rent, and can cost anywhere from \$100-275 per month, depending on the neighborhood. Most garages charge \$100-200 per month, and higher in neighborhoods closer to the city.

In Brookline, there is no overnight parking, so you will need to rent a parking

space. “Parkopedia” is a database of thousands of parking lots and garages, street and metered parking, and even private driveways that are available. Craigslist always has spaces available for rent. If an apartment does come with a parking space, that extra value will already be built into the monthly rent, so you will need to expand your price range.

If you must have a car, be prepared. The City of Boston offers free on-street parking permits for residents. Drive around neighborhoods and read the signs, especially at night to get a better sense of parking conditions. Keep in mind that you will have to register your car in Massachusetts, change your insurance, and pay Boston rates. Think Boston rates are too expensive? GET REAL! When you break down the cost of a free permit and car insurance, it is ALWAYS cheaper than paying monthly for an off-street space AND car insurance.

Take a day to explore the subways and buses. Time yourself. Finding a great apartment that you will live in for 2-3 years is worth the one day investment. It will also help you figure out which neighborhood to narrow your apartment search.

Resources:
MBTA Trip Planner: http://www.mbta.com/rider_tools/trip_planner/
Parkopedia: www.parkopedia.com

CALL TO READERS: Have questions? Call or email and your topic could be the next discussion. Mildred Wong is a Licensed Real Estate Agent at City Central Realty, LLC. She can be reached at 617-236-2020 or mildred@citycentralre.com. Follow her on Twitter: @GetRealwMildred.

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THE PRESCHOOL CORNER

By Leslie Pilder

BILINGUAL LEARNERS

Children all over the world learn to speak the language of their families. We have lots of knowledge about how this happens, but it's still undeniably a mystery. We know one thing for sure: children learn to speak in the context of community; that is, they need people to talk to them! No one learns to speak by listening to TV or tape recordings. Talking with children and near children, is how youngsters learn to understand and use language. Reading to young children, especially when they are sitting on your lap and looking at the book, also seems to help children learn their first language.

One interesting thing is that the human brain seems hard-wired for learning grammar. Children don't just copy what they hear; if that were true, they would never say something they had never heard before! Children begin to find the patterns of the language they are hearing and they make sense out of them. No scientist can tell you exactly how this works, but most agree it works the same in all languages. Children first learn nouns and names (Daddy, apple, baby); later they create simple sentences ("Me do!"); in all languages the sequence of grammatical learning is the same.

In all cultures parents tend to speak in a higher pitch to babies and young children. Why do we do this? Children don't copy the sounds of non-human things: they don't make the mistake of barking like the dog or whistling like the tea kettle. They focus on human voices and are drawn to the higher pitched voices of their mothers. Scientists call this 'motherese'. So the next time you feel silly when you are cooing to a baby in a high voice, don't worry! You're doing exactly what the baby needs.

But what about children who are learning two or more languages at the same time? This process is very complicated! Children are learning two (or more) sets of sounds, tones, vocabulary, and grammar. Generally we find that children who are learning two languages begin speaking a little later than children who speak only one, but this is nothing to worry about! Once they begin to speak, they will speak both languages fluently. Learning languages in infancy is natural and easy for children.

In fact, this early ability to learn languages is so special that some experts believe that learning a second language should be part of the curriculum of all preschool programs! According to The Harvard Center on the Developing Child, the younger the child, the more the capacity to master more than one language. "If education policies were guided by what we know about the development of the brain," they say, "second-language learning would be a preschool priority." (Harvard Center on the Developing Child, "The Timing and Quality of Early Experiences Combine to Shape Brain Architecture" from: ChildCareExchange.com.)

The current director of Buds & Blossoms Early Education and Care Center, Leslie has decades of experience in early childhood education including having been the director of a preschool in Manhattan. Leslie has an M.Ed. in Early Childhood Education, certification from The American Montessori Society, and many years working with teachers, parents, and students of early childhood education. She also has an M.A. in Adolescent Rites of Passage from New York University, where she worked for several years as a field facilitator in the "Teaching for Success" program, designed to improve the quality of teaching and learning in Head Start centers across New York City.

Anna Ing's
A Food Aficionado

BOSTON RESTAURANT WEEK

March 18 - 23 and March 25 - 30

Tips on a Successful Restaurant Week

As a food lover, twice a year I look forward to Boston's Restaurant Week.

It started in New York City as lunch only specially priced pre-fixe menu in 1992 and now it includes dinner and spans nationwide in over 30 cities from Boston to San Francisco.

This year's Winter Restaurant Week 2012 has two weeks March 18-23 and March 25-30 with around 214 Boston and surrounding area restaurants including Blue Ginger (Wellesley) and 80 Thoreau (Concord) participating in it.

Now more than ever, eating at fine dining establishments for a fraction of the cost is appealing for everyone to save money.

Options include the 2 course lunch option for \$15.19 (for those who do not eat dessert) and the usual 3 course lunch \$20.12 and 3 course dinner option \$33.12. By the way, some establishments had surcharges

on some menu (pricier) items such as foie gras and lobster. All pre-fixe menus do not include the price of drinks, tax and gratuity.

I have been a devoted fan of Boston's Restaurant since its beginning. Restaurant Week is a great marketing tool for restaurants as it allows many diners to visit restaurants typically out of their reach (including my own wallet).

Since there are so many choices, how does one choose?

Personally, I review the restaurant listing and write down the ones I have not eaten at and are on the high end. Then I check out their Restaurant Week menu (if it is available online).

The reservation process can be tricky as they are not available until a month beforehand. Savvy diners know the top notch restaurants fill up quickly so the KEY is to plan and make reservations ahead of time.

Once you snag a reservation, I enjoy always going with friends. There is always to be a healthy salad and soup appetizer.

For entrees, I always find a meat and fish option as well as pasta (especially with more than one choice).

Finally with dessert, I usually see a light dessert such as panna cotta, fruit tart and a heavier dessert option with chocolate in it. Now many restaurants have a wine pairing option with the meal for a bit more as well for those who enjoy wine with their meal.

Now I am getting ready for the Boston's Summer Restaurant week in August. First I need to work off all this great food.

For more details, please check out: <http://www.bostonusa.com/visit/restaurant-week/>

Renter's Factsheet: What You Should Know

1) What types of tenancy are there?

There are two main types of tenancy - tenancy based on lease and tenancy-at-will. A lease means that a tenancy will remain in place for a certain, agreed upon period of time. A tenancy-at-will is an agreement between landlord and tenant that lasts as long as the two parties agree to do business with each other. Either the landlord or the tenant can decide to end the tenancy-at-will by giving the other person notice - usually 30 days or one month before the due date of the next rent payment.

2) What should I do when I move in to a new apartment?

The best thing to do is to record everything - any receipts from payments and photographs or video of the condition of the apartment when you move in. If you do not have this information, leaving your apartment and getting your security deposit can become very difficult. Ask your landlord to accompany you on a walkthrough before you move in.

3) What do I have to pay for before moving into the apartment?

A landlord may ask only for the following payments up front: the first month's rent, a security deposit to cover damages beyond normal wear and tear, which may not exceed the amount of one month's rent, the last month's rent and the cost of a new lock and key for the apartment. The landlord must deposit the security deposit into an interest-bearing account. If the landlord must keep all or part of the security deposit, the landlord must give the tenant a written description of the damage and an estimate of the repair cost within 30 days from the time the tenant moves out.

4) What can I do if my apartment is unsanitary through no fault of my own?

A tenant may request that a code enforcement officer, or the local board of health, inspect the apartment. A landlord isn't allowed to take action against a tenant for making an inquiry to the board of health.

5) How does eviction work?

The formal eviction process is called the summary process, and starts when the landlord files a complaint in court. If a tenant is evicted, a tenant's property left in the apartment must be placed in storage. The laws governing this process are com-

plex, but generally provide that the tenant must pay for any moving/storage expense. After 6 months in which the property is unclaimed, the storage company may sell any goods left in the storage unit.

6) Are there any services that I can use to mediate an issue between my landlord and myself?

Yes there are. If the landlord and the tenant agree, they may utilize mediation services through the Attorney General's Office to resolve a dispute that may otherwise result in eviction. In addition, your local District Court can provide help in resolving a landlord/tenant dispute.

NOTICE OF AFFORDABLE HOUSING LOTTERY

Clay Pond Cove Apartments, located just south of the Bourne Bridge – 101 Harmony Hill Drive, Bourne, Massachusetts. This is a newly constructed rental community. The unit mix will consist of 33 one-bedroom units and 12 two-bedroom units all beautifully appointed with custom kitchens and baths. Other community amenities will include a management office, on site storage and laundry facilities; library, garden patio, and walking paths.

All units are subject to the IRS Section 42 tax credit program. 11 units are subject to the HOME Program requirements with 8 of those subject to HUD Project Based Section 8 program. In addition, 5 of the Project Based Section 8 program units will be Community Based Housing (CBH) Units (leased to Persons with Disabilities).

Clay Pond Cove Apartment is anticipated to be ready for occupancy in July 2012. There is a Local preference for residents as well as preferences for those 55 and older and 62 and older. All are strongly encouraged to apply!

Workshop will held on April 3rd and April 24th, 2012; the first session will be at 11:00 a.m. and the second at 6:00 p.m. at:

JONATHAN BOURNE PUBLIC LIBRARY
19 SANDWICH ROAD, BOURNE, MA 02532

Income restrictions for Clay Pond Cove Apartment Homes (subject to change):

1 Person	2 Person	3 Person	4 Person
\$36,240	\$41,400	\$46,560	\$51,720

Application for Housing will be available on the day of the workshop.

Deadline: In order to be eligible, all applicants must be submitted with required documentation by 4:00 pm, May 9th, 2012.



DINING WITH DIABETES

With help from Alice DiCenzo, Diabetes Educator at Hallmark Health Systems, Inc.

Tufts Medical Center

Photos by Oscar Wong



Many, if not most, people spend a lot of their time thinking about the food they are eating. How many calories? How much fat? How many carbohydrates? All are questions we ask ourselves often. But for diabetics, keeping an eye on the nutritional value and quantity of food you eat is especially important. However, diabetes does not have to limit the choices you have when dining. In fact, most recipes don't have to change much at all when shaping your diet around your body's needs. But there are a few lifestyle and dietary choices that require some extra caution:

Alcohol

If you were one to enjoy a glass of red wine with your food, or were the type that likes a cold beer with a meal, a diagnosis of diabetes does not need to change things. But before you carry on with your ritual, check

with your doctor about whether it is safe for you to drink alcohol. Even with a doctor's approval, it is better to air on the safe side, so limit the amount of alcohol you drink, and always eat when drinking. That way, your body has something to work with.

Did you know?

Did you know that many staple Chinese foods have surprisingly high sugar content?

"One cup of rice is about 10 teaspoons of sugar," according to Alice DiCenzo, Diabetes Educator at Hallmark Health System, Inc. "Wontons are about two teaspoons of sugar."

The reason why a diabetic should limit their intake of alcohol is because hypoglycemia – the condition where the body's blood glucose level falls below 70 mg/dL – can be caused shortly after drinking, and can last for 8 to 12 hours after drinking. Therefore, it is important to check your blood glucose level before you drink, and make sure that you eat while drinking so that your blood glucose level doesn't drop too low.

Another issue with drinking alcohol is that the symptoms of hypoglycemia – dizziness, sleepiness and disorientation – can be construed as drunkenness. The best way to make sure somebody doesn't misconstrue the two conditions is to always carry an Identification Card (I.D.) that states that you are diabetic. Finally, drinking alcohol can lessen one's desire to stick to a healthy and diabetic-friendly diet.

Eating Out

Eating out is usually a great experience. However one of the most important things to remember if you are diabetic is not to overeat when dining out. Always try to make sure that you eat the same amount of food as you would at home. Ways to do this include sharing your food with your dining partner or packing the remainder of the food in a container and bringing it home. Eating a consistent amount of food helps with the tracking of your blood glucose level.

Never be afraid to ask your waiter about things you don't understand on your menu or tell your waiter about preferences you have with your food. For example, if your diet focuses on low salt intake, tell your waiter so he can inform the chef not to add salt to your food. Discipline is important when dining out as the food choices you make can have large consequences later.

Another important aspect to staying healthy is to eat at the right times. For a diabetic, eating at the right time makes things like blood glucose levels easier to

track and control. Don't be afraid to ask your friends to eat at times that are appropriate for you. If needed, call restaurants ahead of time so that they can prepare your food before you arrive, further keeping your routine intact. If you really cannot avoid eating later than usual, eat a snack at the time you usually eat your dinner or lunch. That way, your body can still somewhat follow its routine – you might have to adjust your insulin intake to do this, though.

Tips on Controlling Your Order

- Always ask about items in your order that you don't understand.
- Eat slowly.
- Ask for fish or meat broiled with no extra butter.
- Order your baked potato plain, then top it with a teaspoon of margarine or low-calorie sour cream, and/or vegetables from the salad bar.
- Ask for sauces, gravy and salad dressings "on the side."
- Order foods that are not breaded or fried because they add fat. If the food comes breaded, peel off the outer coating.
- Read the menu creatively. Order a fruit cup for an appetizer or the breakfast melon for dessert. Instead of a dinner entree, combine a salad with a low-fat appetizer.
- Ask for substitutions. Instead of French fries, request a double order of a vegetable. If you can't get a substitute, just ask that the high-fat food be left off your plate.
- Ask for low-calorie items, such as salad dressings, even if they're not on the menu. Vinegar and a dash of oil or a squeeze of lemon are a better choice than high-fat dressings.

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NHP's mission targets a diverse population & our employees are just as diverse. As an equal opportunity employer, NHP recognizes the power of a diverse community & encourages applications from individuals with varied experiences, perspectives, & backgrounds.

What will be in the upcoming Medical Special Issue?

The main focus will be on providing coverage on obesity, diabetes and smoking cessation.

The Sampan will be interviewing prominent professionals in the health-care industry to learn more about these three important health concerns, as well as providing tips and comprehensive information on each topic.

LOOK OUT FOR UPCOMING SAMPAN SPECIAL ISSUES!

Medical Issue - April 13

Asian American Heritage Issue - May 25

Diabetes Issue - June 22

The "Green" Issue - July 20

Obesity Issue - August 24

August Moon Issue - September 29

Smoking Issue - November 9

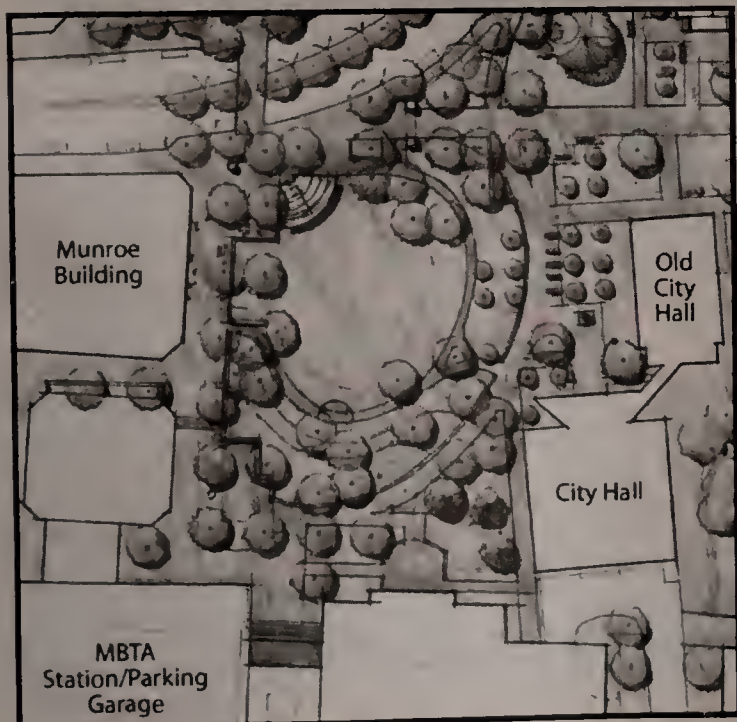
Real Estate Issue - November 30

GET TO KNOW: Adams Green at Quincy Center



Above is a photograph of present-day Hancock Street at Quincy Center. Below is a rendering of Adams Green and how it affects Hancock Street.

All renderings and images were made by Halverson Design Partnership Incorporated.



According to plans presented at the Regional Transportation Advisory Council Meeting, Adams Green is set to include a small stage where performers can showcase their abilities to pedestrians moving through the area. The stage area (see rendering above) will be located between Munroe Building and Old City Hall.



With the Hancock Street artery closed off to the public for vehicular use once the project is complete, traffic will be redirected around the United First Parish Church. The traffic lights will be recalibrated and the road opened up for two-way traffic.

During a presentation to the Regional Transportation Advisory Council, representatives of the Adams Green project to revitalize and redesign the area around the Quincy Center MBTA station estimated that building and construction could begin in 2013.

According to the project's schematic design report from 2010, "in February 2010, the City of Quincy began a five-month design process to build community consensus for a new signature park celebrating the history of Quincy. The project is focused in the heart of the City's downtown area, adjacent to City Hall, the "Church of the Presidents," Quincy Center Red line and Commuter Rail station, historic Hancock Cemetery and the Adams National Historical Park visitors Center."

The purpose and design of the new park were described as follows:

"The design for this central civic open space features a unifying town green and promenade and will provide facilities for public gatherings, outdoor concerts and events, areas of passive beauty suitable for sitting, strolling and meeting people and with coordinated improvements on the streetscape of surrounding roads. Site features will include interpretive elements and site furnishings that convey the historic significance of the City of Quincy and its people.

The park will orient visitors and newcomers to the downtown, especially those who arrive on the subway with reinforced sightlines to the United First Parish Church (Unitarian Universalist), which houses the crypts of Presidents John Adams and John Quincy Adams, and their illustrious wives.

Among the improvements for Quincy Center and the Adams Green streetscape and park were plans for build a new high school and Mayor Hannon Parkway, both of which have been completed, as well as on-going renovations to Quincy Town Hall, Street Works redevelopment, and an MBTA Transit-Oriented Developments (TOD) study.

The City knew that the new park, to be successful, would have to appeal to many people, in different ways. As a park to be visited and revisited, it should contain secrets and surprises that are not revealed all at once, filling visitors with a sense of delight, awe, wonder, fun and belonging. It should be richly textured, with intriguing details and layers of meaning, held together by a sense of beauty and elegant design.

In addition, this project needed to be designed to create numerous pedestrian safety improvements in the civic core of Quincy: transforming busy Hancock Street into a pedestrian promenade; clarifying vehicular routes to and through the downtown by eliminating the "rotary" that currently rings the United First Parish Church; improving the pedestrian links between the MBTA station, the high school and other points downtown; reducing the expanse of pavement at major intersections; and clearly identifying pedestrian crossings at all intersections and mid-block crossings." (Adams Green July 2010 Schematic Design Report)

Pushing the motto "With the community, not just for it," the City of Quincy and Project Team have said that they are committed to meaningful public involvement. Ways the public can get involved include public information meetings, the project's website (adamsgreen.info), and social media, as well as by telephone and email.

METRO NORTH

Malden Recycling Day

April 21, 2012

Start Organizing Now for Malden Recycling Day - Shredding Service Debut!

The Department of Public Works ("DPW") will hold a recycling day for a variety of products including tires, televisions, computer monitors and car batteries on Saturday, April 21, 2012. Residents of Malden will be able to bring recyclable items to the DPW, located at 356 Commercial Street from 9:00 AM-2:00 PM. Paint will be recycled from 9:00 AM-1:00 PM. Latex, oil and acrylic paints as well as stains and varnishes will be accepted. However, antifreeze, household hazardous materials, cleaning chemicals or other hazardous materials will not be accepted.

New to the program this year will be shredding services, whereby residents may bring up to one banker-size box of material per household for shredding. Please limit the shredding material to confidential information such as old tax returns, bank statements, etc. Participants will have to bring proof that they are a Malden resident.

FEE SCHEDULE:

Car tires: \$2
Truck tires: \$20
TVs and computer monitors: \$5
Car batteries: \$1
Motor oil (per gallon): \$1 (no antifreeze or transmission fluid)
Used oil filters: \$2.50

PAINT FEE SCHEDULE:

1-5 gallons: \$10
6-10 gallons: \$15
11-15 gallons: \$20
16-20 gallons: \$25 (\$3 per gallon after 20 gallons)

For more information about Recycling Day, please contact the DPW at 781-397-7160 or email dpw@cityofmalden.org.

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- Psychologist (1.0FTE)
- Special Educator (1.0 FTE) (Moderate/Severe SPED)
- Speech & Language Pathologist (0.8FTE)
- Speech & Language Pathologist (1.0FTE)

MIDDLE SCHOOL (6-8)

- Latin (0.6FTE)
- Mathematics Intervention Specialist (1.0FTE)
- School Psychologist (0.7FTE)
- Special Educator (1.0FTE) (experience in Reading Instruction for Students w/ Disabilities)
- Special Educator (1.0FTE) (Therapeutic Program)
- Speech & Language Pathologist (1.0FTE)

HIGH SCHOOL (9-12)

- Biology (1.0FTE)
- Earth Science (1.0 FTE)
- Earth Science (0.5FTE)
- English (1.0FTE)
- Math (1.0FTE)
- Special Educator (1.0FTE) (Severe) (program for 18-22 yr olds. Experience with transition planning is preferred)
- Special Educator (1.0FTE) (Moderate)

Please send a cover letter, resume, three letters of reference, transcripts, and licensure by March 30, 2012 to :
Salvatore Petralia, Asst. Supt., Wellesley Public Schools, 40 Kingsbury Street, Wellesley, MA 02481

Actively Seeks to Increase the Diversity of its Workforce.

Professor K.C. Chan Speaks on Hong Kong and China Markets

Continued from Page 1



"Yet, we are the only ... U.S. dollar PECC economy as part of China," Professor Chan added.

"I would say that over the last 15 years, what Hong Kong has done shows that the 'One Country, Two Systems' arrangement is really working very well for Hong Kong," said Professor Chan. "But the questions will never stop because with China growing the way it is growing ... where does Hong Kong fit it?"

Professor Chan believes that one of the ways that Hong Kong will keep its place in China's growing economic

powerhouse is in helping China open its market to the international financial community.

"At every stage of Chinese economic develop, there is a need for Hong Kong to play a part," said Professor Chan. "Now if you go back 10 or 20 years ago, if you look at the opening of China, Hong Kong played a very important part."

"As China transforms itself from a manufacturing industry to a service industry, Hong Kong will continue to play a role," added Professor Chan. "... Number one, Hong Kong traders are responsible for much of the value-added in the China GDP. Number two ...



PHOTOS BY KANE CARPENTER - Professor K.C. Chan, Hong Kong's Secretary for Financial Services and the Treasury, mingles with the attendees at the talk. The top-right photo shows Professor K.C. Chan standing on the podium speaking about Hong Kong and its changing role in the China financial market.

China cannot just be a economic power without a financial market that will liberalize, so Hong Kong has found a lot of opportunities in helping China liberalize its financial market."

In addition to a globally-understood corporate governing standard, Hong Kong has many advantages over other Chinese markets, such as Shanghai, according to Professor Chan. Advantages which he hopes will help Hong Kong remain an important piece of the international financial market.

"I'm very confident that as China becomes more international, China will need more of Hong Kong, not less," Professor Chan asserted. "The reason is China hasn't really started its financial market liberalization - it is barely in its initial stage. When China frees up its capital market, allowing more investors to go into China ... a lot of

the money will come through Hong Kong because Hong Kong has a legal structure and financial regulation that makes it easy for people to operate."

"[The second reason] is that China today has amassed a great amount of capital, which is kept within the border," Professor Chan said. "It's very incumbent on China to manage this investment outflow. In the future, there will be capital outflow from Chinese firms to overseas, and how are you going to manage that capital? Where are you going to set up the kind of companies to help Chinese investors invest overseas? I think Hong Kong will be the logical place as it is the kind of system that Chinese investors and corporations understand the most. So with that kind of business opportunity, Hong Kong will be the logical place to manage both the inflow and outflow into China and out of China."

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香港財經事務及庫務局局長談及 香港在日益增長的中國市場中所扮演的角色

相片由KANE CARPENTER提供



香港財經事務及庫務局局長陳家強教授於本月十六號在聯邦街1號的哈佛俱樂部就香港的經濟和金融前景發表講話。

是次講座題為「香港：中國的世界城市」。60餘名的波士頓市金融才進及社區要員均出席了午餐會。

陳教授道：「我認為香港對在座的很多人而言都並不陌生，但在過去十五年左右的時間，從香港回歸中國以來，我不得不說，在關於香港之後的發展方向上，我們總是有很多問題需要考慮。在香港，我們總覺得我們必須努力地把我們的故事告訴大家。」

根據陳教授，香港需要努力的地方是香港過去以及其將來在中國發展中所扮演的角色。

他說：「我們認為香港已做得很好，但與此同時，香港是中國一個非常小的部分。中國是一個主要的故事，而香港需要做的是如何融入到中國這個主要的故事中，以及如何使演繹好自己的角色。」

除了提到香港的歷史及其和中國的關係，陳教授認為香港未來經濟發展前景還在於香港和中國之間的政治安排，以及香港與世界的經濟關係。

他說：「香港是一個充滿矛盾的地方。香港是中國的一部分。我們強調香港是中國的一部分，並實行一國兩制。同時，我們亦是唯一的太平洋經濟合作組織中身為中國的一部分的美元經濟體。」

他繼續說：「我認為在過去的十五年中，一國兩制的安排讓香港發展得非常好，但問題將永遠不會停止，因為根據中國現在的增長方式，香港需要怎樣做才能適應呢？」

陳教授認為香港將繼續在中國的經濟增長中扮演重要角色，其中之一便是幫助中國對國際金融界開放市場。

他說：「在中國經濟發展的每個階段，香港都能做出貢獻。現在如果您回到十年或二十年前，看一下中國的改革開放，便知道香港起了非常重要的作用。」

他補充說：「隨著中國從製造業轉型到服務業，香港將繼續發揮作用。第一，港商在中國國內生產總值的增值上起到了很大作用。第二，中國不能僅僅是一個經濟實力體但不

開放金融市場，因此，香港已經幫助中國發現了很多機會開放其金融市場。」

另外，陳教授介紹道，根據全球共識的企業標準，香港比其他的中國市場，如上海，擁有許多的優勢。他希望這將有助於香港繼續保持作為中國在國際金融市場中重要的一部分。

他說：「我非常有信心，隨著中國變得更加國際化，中國將更需要香港，而不是不需要。原因是中國還沒有真正開始其金融市場的自由化 - 它僅僅處於起步階段。當中國資本市場釋放，便會有更多的投資者將錢通過香港進入中國市場。因為香港具有一個法律結構和金融監管體系，這使人們更容易進行操作。」

他又道另一原因是，中國今天已經積累了大量資本保持在境內，而中國具有責任來管理這些資本的流出。

他說：「將來若有資金從中國企業外流到海外時，您會怎麼管理這些資本流動呢？您會去哪兒成立公司，以幫助中國投資者到海外進行投資呢？我相信香港是一個合乎邏輯的選擇，因為它的制度是中國的投資者和企業最了解熟知的。借助這種商業機會，香港將是管理資金在中國流入和流出最符合邏輯的選擇。」

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移民信息

親屬移民排期	全世界 (包括港澳台)	中國大陸	印度	墨西哥	菲律賓
第一優先	2005年4月01日	2005年4月01日	2005年4月01日	1993年5月08日	1997年6月22日
第二優先 2A	2009年10月08日	2009年10月08日	2009年10月08日	2009年9月01日	2009年10月08日
第二優先 2B	2004年1月15日	2004年1月15日	2004年1月15日	1992年12月01日	2001年12月08日
第三優先	2002年2月15日	2002年2月15日	2002年2月15日	1993年01月15日	1992年07月22日
第四優先	2000年11月08日	2000年11月08日	2000年11月08日	1996年6月01日	1989年1月08日

親屬移民排期表

- 第一優先：美國公民的成年未婚子女
- 第二優先：2A永久居民的配偶及未成年子女
- 第三優先：公民的已婚子女
- 第四優先：公民的兄弟姐妹

職業移民排期	全世界 (包括港澳台)	中國大陸	印度	墨西哥	菲律賓
第一優先	有名額	有名額	有名額	有名額	有名額
第二優先	有名額	2010年5月01日	2010年5月01日	有名額	有名額
第三優先	2006年4月08日	2005年3月01日	2002年9月01日	2006年4月08日	2006年4月08日
非技術勞工	2006年4月08日	2003年04月22日	2002年9月01日	2006年4月08日	2006年4月08日
第四優先	有名額	有名額	有名額	有名額	有名額
宗教工作者	有名額	有名額	有名額	有名額	有名額
第五優先	有名額	有名額	有名額	有名額	有名額

職業移民排期表

- 第一優先：傑出人才、研究人員、研究人員教授、
- 第二優先：跨國公司主管
- 第三優先：技術勞工及專業人士
- 第四優先：宗教工作者
- 第五優先：投資移民

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排版：Kane Carpenter

《舢舨》雙語雙週報創立於西元1972年，宗旨在聯絡社區，教育亞裔新移民。《舢舨》內容包括社區專題報導、地方新聞、移民訊息、衛生保健、文化藝術等。自創刊以來《舢舨》秉持著非營利公正報導的宗旨服務達波士頓地區。所有對報社的贊助以及捐款均可免稅。歡迎投稿或提供寶貴意見。訂閱舢舨一年份只要\$60，撥打訂報專線617-426-9492分機206，或將支票以及填寫完整之訂報表格一同寄至舢舨地址。

社區活動

中華專協講座：金融及經濟論壇
牛頓市波士頓華僑文教中心
牛頓市，林肯街90號
星期六，3月24日，下午1:00 - 3:00

亞裔乳癌項目講座
塔芙茨醫院地下室沃爾夫 (Wolff) 禮堂
波士頓市，華盛頓街800號
星期四，3月29日，下午6:00 - 9:00

昆士小學學生藝術展暨籌款會
該校體育館
約西亞昆西小學 (JQS)
星期五，4月27日，下午6:00 - 7:00

波士頓美食週3月18-23日及25-30日
波士頓美食週是由大波士頓市會議及旅遊局和美國運通給您帶來的每年兩次給當地人和遊客在參加活動的餐館中享受特價美食的機會。參與餐廳將提供三道菜的午餐和晚餐的菜單。有些也為食客提供兩道菜的午餐的選擇。

喬斯林糖尿病中心在MFA舉辦的「一勺姜」活動暨第八屆喬斯林美國亞裔糖尿病計劃
星期一，3月26日，「一勺姜」將再次在美麗的美術博物館美洲新藝術廳為我們介紹波士頓最好的廚師。

天安門的歷史和記憶
星期二，3月27日，下午1:00 - 5:00
地點：哈佛燕京大禮堂
一個由哈佛新生研討會46t, 2011和中國歷史研討會125, 2011兩門課程的學生舉辦的研討會。

第40屆哈佛商學院H. 奈勒菲茨休會議
星期六，3月24日，上午8:00
波士頓市，凱悅波士頓(Hyatt Regency Boston)
每年一屆的聚會，超過500多名商界領袖、教師、校友、當前和未來的學生會聚在一起，討論現今的商業和社會問題。

吸毒和酗酒之警示夜
星期日，3月25日，下午5:00-7:00
HN社區理事會和昆西生命社區教會，邀請您參加一個特殊的活動，了解在我們這個社區常見的不良現象，如吸毒和酗酒。

血壓診所
星期三，3月28日，上午11:00-12:00
肯尼迪中心，440東Squantum街(440 East Squantum Street)
護士會每週記錄你的血壓。

麻將
星期四，3月29日，上午10:00-下午1:00
肯尼迪中心，440東Squantum街
中國麻將遊戲是類似杜鬆子酒遊戲，但是它的器具是麻將牌而非卡片，符號也由中國符號代替。

社區花園清理
星期六，3月24日，上午9:00-12:00
鐵路大道 (Rail Road Ave) 和布萊街 (Bryant Street)，靠近東大街 (Eastern Ave)
請穿戴手套，結實的鞋或靴子。一個垃圾採集鉗是很有幫助的。「騎車去海邊」機構提供垃圾袋。
聯繫人：克雷拉森claylars@gmail.com

藝文小集4月1日講座《中國的老人由誰來養—有關倫理、道德的討論》

演講人：有年邁父母的子女、年邁父母以及嚴文強教授

嚴文強博士是中國重慶西南政法大學行政法學院副教授，少數民族法律研究中心研究員，碩士研究生導師，重慶特能文化教育中心主任。嚴博士在大學任教前曾在鄉鎮中小學工作13年，先後教過小學生，初中生和高中生。嚴博士現為哈佛大學法學院東亞法律研究中心訪問學者，從事國家社科基金課題(「國家法在少數民族地區的困境」)研究。其間被邀請到波士頓的高中，老年服務中心，教堂等地方用英語演講《論語》《弟子規》等，受到聽眾歡迎。

時間 4月1日，星期日，晚上6:30-8:30

地點：437 Cherry Street (GBCCA), 2nd Fl, West Newton, MA 02465
主辦：大波士頓中華文化協會藝文小集
聯絡：牛江河，857-234-6696, jianghe.niu@gmail.com

6:30 pm開始小吃和茶點，6:45pm開始演講。
入場費 \$5.00，藝文會友免費。

歡迎參加藝文小集，全年會費\$20.00。藝文小集每月第一個星期天的晚上活動，屆時會有文史哲、藝術、社會等各界佼佼者的精彩演講。



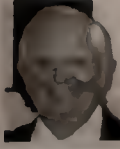
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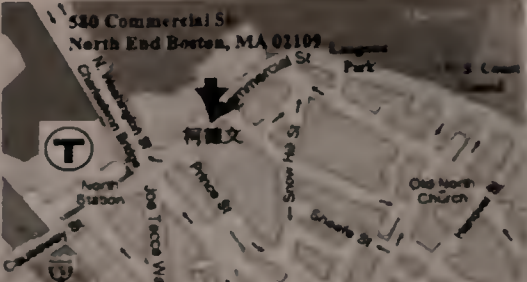
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(Prime 車站對面)
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A Service Family Affiliate of AFEF and Service Corporation International 200 Winter St., Fall River, MA 02720 電話 (508) 671-2154

華埠居民踴躍參加社區論壇



相片由KANE CARPENTER提供：(左到右)麻薩塞州反歧視委員會(MCAD)會長朱利安泰尼斯，華美福利會會長陳美霞，MCAD測試主任艾里克波弗斯，法律實習生艾莎亞歷克斯，華美福利會執行主任李秋明，MCAD測試副主任卡蒂嘉麥布。

華美福利會於本月十五日舉辦了2012年春季社區論壇，吸引了一眾對工作場所性別歧視和性騷擾認知感興趣的華埠居民。

是次論壇的主講嘉賓是麻薩塞州反歧視委員會(MCAD)會長朱利安泰尼斯(Julian T. Tynes)。他就工作場所性別歧視和性騷擾的界定及解決方案發表講話。他提出「及早申報」是十分重要的。近七十人參加了該論壇。

泰尼斯說：「我們收到來自亞洲人的投訴不多。」他在問答環節中表明他的機構並不考慮申訴人是否美國合法居民。

他亦表明該機構會從各社區僱用測試員來調查不同的歧視個案。為確保調查公

正和公平，所有測試員都是受薪的。據MCAD的測試主任艾里克波弗斯(Eric Bove)介紹，測試員會被派到不同的地方調查住房(租房)、雇主和其他服務機構，以確保所有人都有公平的機會申請所需的設施和求職。

泰尼斯也談到在工作場所的性騷擾問題。他舉了一些常見的情況和生活中的真實事例，還講述了一次自己被歧視的經歷。

一個觀眾提到關於將性騷擾過程錄音以作證據的問題。泰尼斯回應說：「秘密錄音是違法的，但是如果是對方自願在您的手機上語音留言，那就可以作為證據。」

華埠青年獲邀參觀白宮



相片由BCNC提供

波士頓華埠社區中心的青年小組榮獲由白宮主辦的社區視頻大賽「變化獎」的冠軍榮譽。他們將被邀請至白宮，參與於四月五日舉行的頒獎活動並和白宮官員見面會談。

該獎項是總統奧巴馬倡議的「贏得未來」計劃的一部分，旨在表彰為社區帶來正面影響的普通美國人。該青年小組的視頻從全國總共提交的兩百多個視頻中脫穎而出，總共贏得了11,000張投票。

獲獎的視頻標題是「我的聲音——他們的故事」，內容主要講述了青年小組裡的十二名青年自己移民美國的親身經歷和故事，包括他們初來美國所遭遇的困難和挑戰，以及適應新生活所遇到的不安。

波士頓華埠社區中心現在正在尋求贊助這些獲獎者去首都華盛頓的費用。他們的目標是八千元。

馬爾登回收日臨近 — 碎紙服務登場！

機油(每加侖)：一元
(無防凍液或輸送液體)
機油濾清器：二元五仙

油漆費用表：
一至五加侖：十元
六至十加侖：十五元

十一至十五加侖：二十元
十六至二十加侖：二十五元(二十加侖後，每加侖三元)

有關回收日的更多信息，請致電DPW，號碼781-397-7160或發送電子郵件至dpw@cityofmalden.org查詢。



Boston Chinatown
Neighborhood Center, Inc.
波士頓華埠社區中心



Year of the Dragon - Chinese New Year Banquet
March 2, 2012

THANK YOU! 謝謝!

Thanks to our sponsors, host committee, table hosts, guests, advertisers, volunteers and all the businesses who donated items for the auction, BCNC's Chinese New Year Banquet was a record-breaking success. Proceeds from the banquet help advance the lives of the 2,000 children, youth and adults who come to BCNC every year. BCNC's Board of Directors expresses our heartfelt appreciation to all our partners.

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了解您的權利：租住房屋

1) 租住房屋有哪些類型？

主要有兩種租住類型：基於租約的條款和基於雙方意願的租住。前者指雙方在同意的租約上表明在特定時間階段內進行租住。後者是指租住的期限由房東和房客進行協商，長短不定。房東和房客都有權力終止租住，但必須在下一次交房租的三十天或一個月前通知對方。

2) 搬入新公寓前我應該注意些什麼？

我們建議您記錄完整情況：包括任何支出費用的收據，紀錄當時公寓內的情況的照片或錄像。如果您沒有這些信息，當您要在搬離公寓時拿回保證金便可能會有困難。您該在入住前要求您的房東跟您一起參觀公寓，以清楚了解公寓內的狀況。

3) 租約生效時房東可以要求哪些付款？

在租約剛生效時，房東僅可以要求以下款項：第一個月的房租、不高於一個月房租的房屋損壞保證金、最後一個月的房租以及替該公寓配新鎖和鑰匙的費用。房東必須把保證金存儲到有利息的銀行帳號中。如果房東需要在租約結束時保留全部或部分保證金，他/她必須在租客搬離三十天內給租客發出據房屋損毀情況及修補費用

評估的書面通知。

4) 當房東對房屋衛生情況沒回應時租客可以做什麼？

租客可以要求衛生執法人員或者當地的衛生局來檢查房屋狀況。房東不可以因此對租客施以懲罰性的行為。

5) 甚麼是驅逐過程？

正式的驅逐過程可稱為總結過程，在房東向法院提出申訴時開始生效。當房客被驅逐時，房客留在公寓內的所有財產將被移至儲藏室。執行該法律的過程是相當複雜的，但一般而言，房客必須支付轉移財產的全部費用。如果六個月內該財產沒有人認領，儲藏公司有權出售所有被儲藏的財產。

6) 房東和房客可有別的方式進行糾紛調解嗎？

有的。如果房東和房客都同意，他們可以採用總檢察長辦公室的調解服務進行調停，這樣便可以避免採用驅逐過程。此外，當地的地方法院也為房東和房客提供解決糾紛服務。

學前教育園地

兒童雙語學習

Leslie Klein Pilder, 啓蒙幼兒教育中心主任

世界各地的兒童都非常自然地在學習著他們各自的母語。我們已經掌握了一些關於這個學習過程的知識，但它的來龍去脈對我們來說還是一個未解的謎。然而，有一件事我們可以確定，兒童是在一定的集體社區環境下學習語言的，也就是說他們需要別人跟他們說話交流。沒有一個人是可以通過只聽廣播看電視就學會講話。與其他小朋友交流溝通是兒童學習語言以及其各種用法和用途的主要渠道之一。讀書給您的孩子聽，尤其是當他坐在您腿上看著書時，這是一個非常好鞏固幼兒語言學習的好辦法。

人的大腦奇妙在它天生具備很強的語言學習能力。孩子們不單單重複摹仿他們所聽到的，因為如果真是這樣的話他們就不會說任何他們從未聽過的話。兒童會從他們所聽到的語言中尋找規律，並試圖理解這些規律。沒有一個科學家可以告訴您這到底是怎麼一回事，但是他們不能否認這個現象在所有語言中都有所展現。兒童首先學習名詞和一些人名（爸爸，蘋果，嬰兒）；很快，他們並會創造簡單的句子（「我做」）。學習語法的順序在所有語言中都是一樣的。

在所有文化中，家長普遍對嬰兒和幼兒說話時的音高都會偏高。我們為甚麼會這樣做呢？兒童不會摹仿非人類的聲音；他們不會突然開始摹仿狗叫或者是燒水壺的「尖叫」。

。他們的注意力集中在人類的聲音上，尤其對媽媽的高音高非常敏感，科學家們將這個現象稱之為「motherese」。所以當您下次再用發嗲的高音語氣與嬰兒交流時，不要覺得太荒唐，您的舉動正是嬰兒們所需要的。

那麼同時學習兩種或兩種以上語言的兒童又是怎樣學習的呢？這個過程還是相當複雜的。他們需要同時學習兩種截然不同的語言，包括聲音、音調、詞彙及語法。一般來說，同時接觸兩種語言的兒童學習說話都會比較晚，但這並不應該給家長造成沒必要的負擔。一旦他們開始講話，他們就會完全流利地掌握兩種語言。嬰兒期內學習語言對孩子們來說不但自然而而且固然簡單。

早期學習語言的能力已被專家認為一種可發掘的本能。有些人甚至建議應把第二外語編入所有學前班的規定教程裡。哈佛大學兒童發育中心指出，兒童的年齡越少，學習語言的能力就越強。「如果我們現有對兒童大腦發育的知識能成功地引導一些教育政策的話，那麼第二語言學習應該被列為一項學前教育優先重點。」(Harvard Center on the Developing Child, "The Timing and Quality of Early Experiences Combine to Shape Brain Architecture" from: ChildCareExchange.com.)

「現實點吧！」 with Mildred Wong

謊言：我需要用我的車，所以我在找房子的時候，街道旁是否有停車位是不可或缺的要求。

真相：整個波士頓市區和周邊地區都有便捷的地下鐵路系統，當地人都叫它「T」。請認真思考一下，您是「需要」您的車呢還是「想要」您的車。

不要讓停車位的問題左右您找房子。您該在確保找到適合的房屋時再來考慮停車問題。街道旁的停車位供應很少但是需求量卻特別大。

若街道旁有停車位的話，我每天就可以省下很多找車位的時間。現實點吧！不要因為街道旁沒有停車位就放棄一個不錯的公寓。看一遍您所有的選項，您才能做出最正確的決定。如果您甚麼都不看，您就不會知道您正錯過些甚麼。

或許我不需要我的車。不管您是經常性、偶爾或者是第一次乘坐，地下鐵和公共巴士系統都是非常簡單便捷的。比如說，紅線是從劍橋一直開到南岸區。地下鐵不能到的地方則有更多的公共巴士線可供選擇。它們往往也很快捷。501巴士快線直接走麻州公路（Mass Turnpike）從布萊頓市市區中心開到波士頓市中心，中間一站都不停。誰在乘搭地鐵和巴士？就是那些住在舒服的公寓裡而知道怎麼利用公共交通系統的聰明人！MBTA網站上的「行程計劃」（Trip Planner）是一個幫助您在波士頓地區安排交通路線的好幫手。

若您還在猶豫，那便考慮一下費用吧。一些提供街道旁停車位的公寓都要收取額外的費用，一般根據所在的地區每月收取一百到二百七十五元不等。大部分的停車場每月收取一百到二百元的費用，越靠近城市價格便越高。

布魯克林市是不允許通宵停車，那您就需要租一個停車位。「Parkopedia」是一個數據庫，記錄了成千上萬的停車位和停車場、

街邊和咪表泊車位，以及可用的私人車道的位置。Craigslist上也有停車位出租。如果一個公寓有自己的停車位，那額外費用就已經包括在月租費中，這樣您的房租首期也需要相應的提高。

如果您真的需要車，那就要做好準備了。波士頓為居民提供免費的街道停車證。若要了解市內的停車情況，最好在晚上到附近開車轉轉，仔細看清楚路邊標示。請記住，您需要在麻州註冊您的車和換保險，一切需按波士頓市的標準計算。覺得波士頓費用的太高？現實點吧！當您細算免費停車證和車險的時候，您會發現這比每月支付街邊停車費用和車險還要便宜得多。

您也可以花一天時間乘坐地鐵和巴士，並算一下所需的時間。如果您是在找一個要住兩、三年的公寓，這一天會非常值得。這樣做還能幫助您決定究竟想要住在哪些區域。

信息鏈接：
MBTA行程計劃（Trip Planner）Trip Planner: http://www.mbta.com/rider_tools/trip_planner/
Parkopedia: www.parkopedia.com

致讀者：您在找房子嗎？如果您有需要解答的問題，您可以打電話或者發郵件給 Mildred Wong，下次我們也可以討論您關心的話題。Mildred Wong是城市中央房地產公司（City Central Realty, LLC）的持牌地產代理。您可以通過電話617-236-2020或郵件 mildred@citycentralre.com 聯繫到她。也可以在Twitter: @GetRealwMildred找到她。

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昆士市市中心 亞當斯格林計劃



Rendering by Halverson Design Partnership Incorporated

亞當斯格林(Adams Green)計劃的代表在向區域交通諮詢委員會簡報時表示，昆士市市中心地鐵站周圍地區的更新和重建可在2013年開始動工。

根據該項目的2010年規劃報告書，自2010年2月起，昆士市將開始一個為期五個月的設計流程以建立一個慶祝昆士市歷史的主題公園，加強社區共融。該項目的重點包括昆士市市中心的地區、毗鄰市政廳、「總統教堂」、昆士市市中心紅線和紫線鐵路站、歷史悠久的漢考克公墓以及亞當斯國家歷史公園的遊客中心。

這個公共開放式空間中心的設計特色是一條統一的城市綠色長廊，並會為公眾集會、露天音樂會和其他活動提供相應設施。它還會提供美麗寧靜的地方給市民坐下來休息、散步和聊天。周邊道路的街景也會相應地作出改善。一些解釋性元素和陳設也會添置其中，向人們傳達昆士市城市的歷史以及市民的風貌。

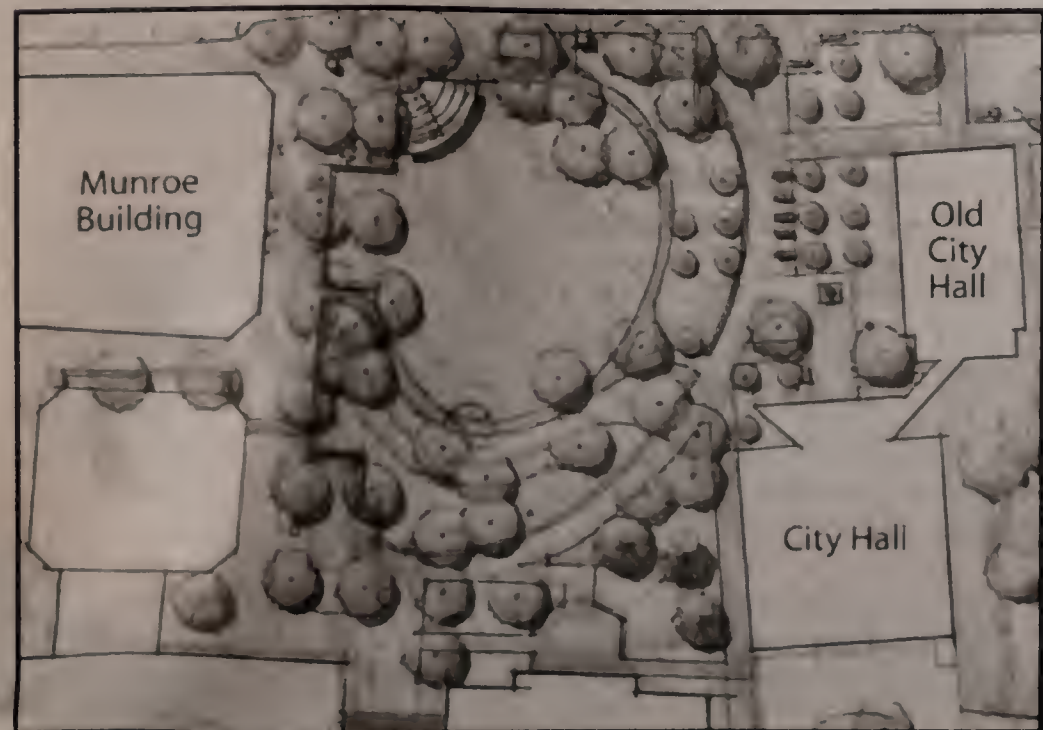
這個公園還會吸引遊客以及新市民到市中心，特別是搭乘地鐵去美國第一郊區教堂(統一世界)的遊客。這個教堂曾經是總統約翰亞當斯、約翰昆士亞當斯以及他們家世顯赫的妻子們隱居的地方。

這個昆士市市中心及亞當斯格林街景和公園建設項目還包括已經完成的新建高中和漢農市長大道。與此同時，昆士市市會堂亦會更新，街道工程重建和MBTA交通導向發展研究等工程也在進行中。

市政廳深知，一個新的公園要想獲得成功，必須要能從不同方面吸引很多人的注意。一個讓人流連忘返的公園，需要保持適度的神秘感，時不時給予遊客驚喜，讓他們覺得充滿趣味的同時，又有歸屬感。它需要有豐富的細節和內容，整體上又要帶給人優美和典雅的印象。

此外，這個工程還需要為昆士市市中心的行人提供一系列的安全措施：把繁忙的漢考克大街改造成步行街；改善進出城市中心的行車路線，取消美國第一教區教堂前的迴旋處；改善地鐵站、中學和市中心其他地方的行人道銜接；減少主要交通路口的路面寬度；以及在各個路口清晰標示行人道。

秉承「不光是為了大家，而是和大家站在一起」的宗旨，昆士市市政廳和項目組一直重視有意義的公眾參與。公眾參與該項目的方式包括參加公眾信息會議、瀏覽項目網站、通過社會媒體以及電話電郵參與諮詢。



摩頓市回收日臨近 - 碎紙服務新登場！

公共工程部(DPW)將於四月二十一日，星期六，舉行回收日。多種產品，包括輪胎、電視機、電腦顯示器和汽車電池屆時可被回收。當日從上午九時到下午兩時，摩頓市居民可將可回收物品帶至DPW，地址：商業街256號(356 Commercial Street)。從上午九時到下午一時，油漆將被回收利用。乳膠、油、丙烯顏料、污漬和清漆也均接受。然而，防凍劑、家庭有害物質、化學清潔劑或其他有害物質則不被接受。

今年還將提供碎紙的新服務，每戶居民可攜帶一個銀行箱大小的盒子進行碎紙。可碎紙張僅限機密信息，如舊的納稅申報表和銀行對賬單等。參加者需要攜帶證件證明他們是摩頓市居民。

費用表：
汽車輪胎：兩元
載重汽車輪胎：二十元
電視和計算機顯示器：五元
汽車電池：一元

(續第六版)

經濟房屋現正發售

黏土塘海灣公寓(Clay Pond Cove Apartments)坐落於麻州伯恩市哈默尼山路101號(101 Harmony Hill Drive, Bourne, MA)，位於伯恩橋(Bourne Bridge)南邊。該新建公寓大樓擁有33個單睡房單位和12個兩睡房單位，全部單位均設有廚房和浴室。該大樓另設有專業大廈管理、儲存室、洗衣房、圖書室、花園和散步徑。

所有單位均納入聯邦稅務局第42項減稅條款計劃。11個單位為HOME計劃所有，而其中8個單位則屬於HUD Section 8計劃。此外，5個Section 8計劃的單位將被用作社區居住(CBH)單位(專為殘疾人士而設)。

黏土塘海灣公寓(Clay Pond Cove Apartments)將於2012年7月落成，並會優先配給本地居民以及55歲以上和62歲以上長者。有意者歡迎查詢和申請！

公眾諮詢大會將於2012年4月3日和4月24日假喬納森伯恩(Jonathan Bourne)公立圖書館(19 Sandwich Road, Bourne, MA 02532)舉行。第一場諮詢會將於上午11時舉行，而第二場則於下午6時舉行。

每戶最高入息上限(可變動)：
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申請表將於諮詢大會期間派發。

所有已填妥的申請表及有關文件請在2012年5月9日下午4時前遞交。



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Tufts Medical Center

糖尿病患者的飲食

(Hallmark Health System, Inc. 糖尿病教育員Alice DiCenzo提供協助)

相片由Oscar Wong提供



許多人——也許可以說大部分人——會花不少功夫斟酌他們的飲食。多少卡路裡？多少脂肪？多少碳水化合物？這些都是我們常常會問自己的問題。

糖尿病患者尤其需要注意他們的飲食量與食品的營養價值，但是您並不需要因為糖尿病而感到飲食選擇受到了限制。其實，許多時候只要把烹飪法稍微改一點點就可以讓飲食適合身體的需求。不過，在以下的生活方式與飲食選擇方面需要加倍慎重：

飲酒

如果您是習慣在用餐時享受一杯紅葡萄酒或冷啤酒的，患了糖尿病並不意味著這習慣必須改掉。不過在繼續飲酒前最好先諮詢一下醫生，問清楚酒精會不會給您的身體造成任何負荷。即使醫生說沒有問題，為了保險起見您還是該注意限制酒量，不

還有一點值得注意的是，低血糖的症狀——包括蒼眩、困倦、與定向障礙——很容易會被混淆為醉酒。為了避免這種情況發生，可以考慮時時隨身帶著醫療說明卡(I. D.)，說明您是糖尿病患者。

飲酒也有可能削弱您對堅持健康飲食習慣的決心。

在外用餐

在外用餐一般是一件很棒的事。不過作為糖尿病患者，您在餐館裡用餐時一定要謹記，要控制好飲食量，不要暴飲暴食，最好保證與家裡吃飯時的飲食量相等。您可以考慮與同行的朋友分享您的飯菜，或把多餘的飯菜打包帶回家。保持相對一致的飲食量，有益於控制血糖水平。

要空腹飲酒。飲酒時同時進食能夠加強身體中和酒精的能力，以減少酒精對身體的傷害。

飲酒有可能造成持續八至十二小時的低血糖狀態(即身體的血糖水平低於每分升七十毫克)，因此糖尿病患者尤其需要注意他們的飲酒量，在飲酒前要注意一下血糖水平，喝酒時要同時進食以保持血糖水平不要太低。

不要害怕向服務員提出您對菜單的問題或您的飲食需求。例如，如果您是在注意減少飲食中的鹽含量的話，應該告訴服務員，讓他轉告廚師不要在您的飯菜裡加鹽。在外用餐時的飲食選擇的後果可能相當大，因此自律是十分重要的。

為了保持身體健康，您還應該注意有規律地進餐，這也有益於控制血糖水平。不要羞於對朋友們提出要求，讓大家在比較適合您的身體控制血糖的時候進餐。如果有需要的話，可以提前給餐館打電話，讓他們事先準備好您的飯菜，這樣能進一步減少對您的飲食規律的擾亂。如果實在無法避免晚點進餐，可以在一般的午餐或晚餐時間吃一些小點心，讓身體還能保持一定的規律。在這種情況下您可能需要調整您的胰島素攝入計劃。

如何適量點菜的提示

- 如果對您想點的飯菜有疑問的話，一定要問清楚。
- 慢慢地吃，不要狼吞虎咽。
- 若想吃魚類或肉類，宜點烤菜類，不要在上面再加牛油。
- 若想吃烤馬鈴薯，建議點不加料的，然後已在上面放一勺麥淇淋或低卡路裡奶油，或來自沙拉吧的素菜。
- 要求調味汁、鹵醬、沙拉醬等分開上。
- 炸菜類一般脂肪含量比較高，應該盡量避免。在吃沾面包屑的食品之前應該先把外面一層面包屑去掉。
- 創意點菜：水果杯可以當作開胃菜，早餐時吃的瓜也可當作甜品。一份沙拉加上一份低脂肪的開胃菜，相當於一份晚餐主菜。
- 要求替換不健康食品，例如可以用雙份素菜來代替薯條。如果不能替換的話，干脆要求拿掉高脂肪的食品。
- 要求低卡路裡的沙拉醬等；這些選擇不一定會出現在菜單上。醋、少量的油或檸檬比高脂肪的沙拉醬要健康得多。

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正確的價值

您知道嗎？

您可知道，許多中餐主食其實含糖量相當高？
據Hallmark Health System, Inc. 糖尿病教育員Alice DiCenzo 介紹，一杯米飯含有相當於十茶匙的糖。餛飩有相當於兩茶匙的糖。

Anna Ing's
A Food Aficionado

如何渡過一個成功的美食週

作為一個美食愛好者，我一直都很期待一年兩次的波士頓市的美食週。這個傳統緣於1992年在紐約市舉辦的特價午餐套餐活動。隨後，又添加了晚餐項目。現在這個

形式已經傳至從波士頓市到三藩市等三十多個城市。今年的2012冬季美食週將會舉行兩次，分別是三月十八日至二十三日，以及三月二十五日至三十日。波士頓市地區及附近有二百一十四家餐廳參加這次活動，其中包括維爾斯裏市(Wellesley)的藍姜(Blue Ginger)和康克德市(Concord)的80梭僵(80 Thoreau)。這是到精美的餐廳用餐同時省下最多錢的好時機。他們一般有三個選擇。15.19美元的兩道式午餐(供不吃甜點的人選擇)。20.12美元的常規三道式午餐；或者是33.12美元的三道式晚餐。但是要注意的是，一些餐廳對某些特定的菜式(高價菜)如鵝肝和龍蝦可能要收取更高的費用。另外，所有的特價套餐的價格都不包含飲料，稅以及服務費。

我一直是波士頓美食週的忠誠擁護者。對商戶而言，美食週是一個很好的開拓市場的機會，因為它鼓勵了很多的像我這樣平時因價

格太高而不能光顧這些餐廳的顧客去光顧。但是面對那麼多的餐廳，我們如何進行選擇呢？一般我會先瀏覽一下餐廳列表，記錄當中我還沒有去吃過的比較高級的餐廳。然後

我會看一下它們在美食周的菜單(如果有在網站上顯示出來的話)。預訂位子可能會比較棘手，因為它們一般在美食週開始前一個月才開始接受訂位。精明的食客都知道頂級的餐廳都會迅速被訂滿，所以關鍵是及早準備訂位。

一旦您搶到了預定位子，就和朋友一起去享受吧。開胃菜往往有健康的沙拉以及餐湯。主食一般有魚和肉類的選項，當然也有意大利麵條(特別是在不止一個選擇的時候)。最後的甜品，一般會有奶酪、水果蛋塔或者口味更甜的巧克力甜品。現在很多餐廳都會為愛在用餐時喝葡萄酒的顧客準備酒的選項。

現在我要為八月份的波士頓市夏季美食週做準備了。為了這些美食還是先工作吧。更多信息，請瀏覽：<http://www.bostonusa.com/visit/restaurantweek/>

互動游戲

Learn Chinese!

Chinese is a language with a wealth of history and many different dialects. About one-fifth of the world's population speaks some form of the Chinese language; however, mandarin, or Putonghua, is the standardized form of spoken Chinese in the country. Based on the Beijing dialect, spoken mandarin is romanized through the use of pinyin which uses the English alphabet to guide pronunciation. Spoken mandarin uses four tones which identify different meanings to words, despite the fact that their pinyin is the same. The goal of Sampan's Learn Chinese series is to introduce you to the world of the Chinese language through words and phrases that you may find useful.

你好嗎

Ni Hao Ma - How are you?

我很好

Wo Hen Hao - I'm very good

再見

Zai Jian - See you again!

Things to remember when learning Chinese: the letter "q" is pronounced as "ch", the letter "x" is pronounced as "sh", and the letter "c" sounds like "ts." The pronunciation for the letter "e" sounds like "uh" and the letter "o" sounds like "aw".

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